Subject: Upcoming Halloween weekend
Date: Tuesday, October 29, 2024 at 11:11:26 AM Eastern Daylight Time
From: Russell, Joe
To: Russell, Joe, McCall, Barbara, Hocker, Kristin

Dear Students,

We are writing with some reminders about Halloween weekend.

Halloween Costumes

As you prepare your costume this year and every year, we encourage you to think about the impacts of your choices. Some Halloween costumes reinforce stereotypes of particular races, genders, cultures, religions, or abilities. Others mock cultural or religious symbols, or trivialize human suffering, oppression, and marginalization. Please select your costumes and depictions in a way that does not demean, dehumanize, or diminish anyone's identity or culture. This video shares the perspectives of and impact on people whose cultures are often reduced to costumes.

Celebrations and Substance Use

Many students choose not to use substances at Middlebury. If this is your choice, this weekend or at any time, there are many opportunities to celebrate without substances.
Holidays and special occasions can make it difficult to set and maintain boundaries related to substance use. Following are some tips for navigating substances during times of increased social activity:

- Plan some weekend events with others that do not include substances. Keep in mind that this will make these events more more inclusive to others and lessen the number of days folks choose to use substances.
- Alternate a non-alcoholic drink in between alcoholic drinks to moderate blood alcohol levels and give you a better sense of how your body is being affected.
- Reduce the amount of a substance you plan to consume before going to a party or a special event to account for feelings of excitement or nervousness.
- Share your plan or goals for the weekend with someone you trust so that you have support to make the choices that are best for you.
- Plan for the weather. Changes in temperature from day to night at this time of year can affect awareness of discomfort and other bodily sensations, and can be exacerbated by substance use. Check in with yourself and friends if someone seems cold or overheated and help them add or remove layers or change settings to manage body temperature needs.

Off-Campus Gatherings

If you are hosting gatherings at off-campus residences this weekend, please respect your neighbors. As a reminder, off-campus students are expected to abide by the Town of Middlebury's noise ordinance which stipulates that town quiet hours begin at 11pm on Friday and Saturday nights. Violations of this ordinance, or other behavior that negatively impacts neighbors, may result in college disciplinary action. Remember too that as hosts, off-campus residents are responsible for the behavior and impact of their guests.

Have a safe weekend.

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